

her dedication, loyalty, and service to our country.

NATIONAL OUTSTANDING YOUNG  
FARMERS AWARD

**HON. DOUG BEREUTER**

OF NEBRASKA

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, March 31, 2004*

Mr. BEREUTER. Mr. Speaker, this Member would ask his colleagues join in congratulating Brad and Amy Williams of Cedar Bluffs, Nebraska, for being one of the four winners of the 48th Annual National Outstanding Young Farmers Awards presented by the U.S. Junior Chamber (Jaycees) and the John Deere Company. The 2004 awards event marked the 38th year that the John Deere Company sponsored the program, which is administered by The U.S. Junior Chamber (Jaycees), and supported by the Outstanding Farmers of America Fraternity and the National Association of County Agricultural Agents.

Brad and Amy Williams both stated that they didn't think they would win. But win, they did. An AP wire article on the Williamses stated, "The Cedar Bluffs couple underestimated themselves and their farming operation. Before the ceremony was over, they were in the spotlight." And, it is a well-deserved spotlight as the couple won the award by farming 2,015 acres of corn, soybeans and hay along with working a 2,700 swine farrow-to-feeder pig operation.

In addition, the Williamses have increased their number of no-tilled acres during the past 16 years. In 2003, they used the no-till method on 65 percent of the 2,015 acres they farm thereby conserving soil moisture, reducing erosion and lessening soil compaction. In doing so, they also provided additional cover for wildlife including pheasants and quail.

But, farming for Brad and Amy Williams is not just about conservation, it is also about keeping up with rapidly changing technology and becoming more efficient. In all of these areas, Brad and Amy Williams' efforts have paid off—not only in receiving this award for being Outstanding Young Farmers, but also about in being successful stewards of the land.

ELECTED PUBLIC OFFICIAL BE-  
COMES THE FIRST DIABETIC TO  
STEP ONTO INTERNATIONAL  
FREESTYLE WRESTLING MAT

**HON. TIM HOLDEN**

OF PENNSYLVANIA

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, March 31, 2004*

Mr. HOLDEN. Mr. Speaker, I rise today as a member of the Congressional Diabetes Caucus to report on an extraordinary sports history that soon unfolds. This April 8th, at USA Wrestling's U.S. Nationals in Las Vegas, Peter J. Wirs, the elected State Constable for the City of Harrisburg's Fourth Ward, will become the first diabetic ever to step onto an international freestyle wrestling mat; notwithstanding that Mr. Wirs is 49 years old; suffered a heart attack December, 2001; and suffers from acute and chronic asthma.

Constable Wirs' success story of overcoming diabetes to participate in a sport he has longed to compete in since junior high school marks an important lesson for all of us. Today, diabetes is now epidemic, according to the Centers for Disease Control, the National Institutes of Health, the American Diabetes Association and other national healthcare leaders. This is all the more critical as more and more Americans are suffering from obesity.

Unfortunately, this problem is not new. President Kennedy, speaking at the 1962 Army-Navy Game in Philadelphia, asserted that: "We are under-exercised as a Nation." Kennedy initiated the President's Council on Physical Fitness to urge America to pursue more exercise and sports in our daily lifestyles.

Today, over one-third of all Americans are obese, and more than 60 percent of Americans are overweight, according to the Centers for Disease Control. Obesity is a major precursor for Type II diabetes, where the pancreas produces too much insulin or the body otherwise cannot process the insulin the pancreas creates.

Diabetes is now an epidemic, as reported by Time magazine this past December 8th, 2003. 16 million Americans are expected to contract Type II diabetes. "Type II diabetes is increasingly being diagnosed in children and adolescents," according to the ADA National Diabetes Fact Sheet. Type II now appears to be at the "highest risk" during puberty, according to the ADA's October, 2003 issue of Diabetes Forecast. While approximately one in every 400 children and adolescents have Type I diabetes; recent Government reports indicate that one in every three children born in 2000 will suffer from obesity, which as noted is a predominant Type II precursor.

Among adults age 20–55; 8.3 percent of all adult men will be afflicted with diabetes, while 8.9 percent of all adult women age 20 will contract it.

Diabetes is even more prevalent among minorities. 13 percent of African-Americans age 20 and older, and 10.2 percent of all Hispanic-Latino Americans have or will have diabetes, meaning that on average, Hispanic Americans are 1.9 times more likely to have diabetes than non-Hispanic whites of similar age.

As a result, diabetes represents a substantial economic toll. In 2000, \$91.8 billion was spent on direct medical costs for diabetes, while an additional \$39.8 billion was spent on disability, work loss, premature mortality, etc., resulting from diabetes. In other words, the annual cost is \$7,764 for every U.S. diabetic. Medical expenditures per capita for diabetics is 6.5 times that of nondiabetics.

Yet, studies universally show that "lifestyle interventions"—this is to say a regimen of diet and exercise—can reduce development of diabetes by 40 percent to 60 percent. However, lifestyle intervention requires discipline with a tangible end result that is within reach. It requires personal resolve, a lifelong commitment.

That's what makes the story unfolding this April 8th at the USA Wrestling's Nationals so impressive. Constable Wirs, a constituent and good friend of mine, two years ago weighed over 250 pounds. Two years ago, his Type II diabetes was so out of control that Wirs would lose a whole day a week from insulin shock, a situation where a diabetic loses motor move-

ment coordination, the only remedy is in essence to sleep it off. This means that Pete Wirs would lose 52 days or over seven weeks a year to diabetes. Over the past 25 years, diabetes has cost Mr. Wirs over 1,300 days or 185 weeks out of his life. It took all of his energies and effort to simply pursue his professional career as a journalist, publisher and political leader. He had nothing left for personal pursuits, leisure or sports, let alone a social life.

However, Pete Wirs always wanted to compete in wrestling, the one sport he was shown to be good at in junior high school physical education classes. However, back in the 1960's and 70's, we didn't know about Type II diabetes, only what today we call Type I or insulin-dependent diabetes. Because Wirs' Type II diabetes was unknown, no one was able to ascertain why he was so heavy, sluggish and constantly out of breath. His diabetes was finally diagnosed in 1975 by the late Philadelphia Councilwoman Dr. Ethel D. Allen.

Two years ago, Pete Wirs finally said enough was enough, in his own words he was "sick and tired of diabetes controlling him, now he was going to control diabetes." Pete Wirs started to exercise every day. I would repeatedly see him exercise at the Harrisburg YMCA. Pete Wirs also started jogging, and now jogs five miles a day up and down Harrisburg's Riverfront Park through City Island. He dropped from 250 pounds to 167 pounds. And Pete Wirs got involved in the one sport he always wanted to compete. It wasn't an easy sport like golf, but among the most physically and emotionally demanding sports man partakes in—wrestling.

Today, Pete Wirs had his life back, so much that this past November 22nd, he got married, to the very attractive Anna May Casper in Historic Old St. George's Methodist Church inside Independence National Historical Park in Philadelphia.

And on April the 8th, Pete Wirs, despite being 49 years old and a heart attack victim, will become the first diabetic ever to step onto an international freestyle wrestling mat in the USA Wrestling Nationals and Veterans Championships at the Las Vegas Convention Center.

Mr. Speaker, we don't know whether Constable Wirs will win or lose his first match. Although in the Veterans Division, competitors are divided into both age and weight, there is no doubt that Pete Wirs will be up against seasoned, experienced amateur wrestlers. But no matter what the score, Pete Wirs will have scored a morale victory by simply stepping onto the mat; by getting his diabetes under control, and proving to all of us that physical fitness is not a diet, a fad, but a life-long commitment to healthy eating, continuous exercise and sports activity.

Mr. Speaker, so important is this milestone for all diabetics, the Pennsylvania Wrestling Club of which Constable Wirs serves as executive president, is administering a nationwide public service program to encourage diabetics to commit themselves, as has Mr. Wirs, to a lifestyle of dietary control and exercise. Entitled "Going for the Gold," the campaign will award up to 500 "Diabetic Control Points" for diabetics engaging in continuous exercise and participation in an organized amateur athletic sport, all while raising money for the American Diabetes campaign.

Mr. Speaker, Constable Wirs is an inspiration to all diabetics and indeed to all of us. In

President Kennedy's words, Pete Wirs becomes a "profile in courage" when he steps onto the freestyle wrestling mat this April 8th for his first competitive match. Our congratulations to Constable Wirs, and all of his fellow team members, coaches and boosters in this important sports history in the making.

#### PREVENTIVE SCREENING FOR COLORECTAL CANCER

**HON. LOUISE MCINTOSH SLAUGHTER**

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, March 31, 2004*

Ms. SLAUGHTER. Mr. Speaker, I am pleased to re-introduce the Eliminate Colorectal Cancer Act, a bill that can save the lives of thousands of people who might otherwise fall victim to the only completely preventable form of cancer.

Few people realize that colorectal cancer is the second leading cause of cancer death in the U.S. for men and women combined. It kills more Americans every year than either breast cancer or prostate cancer. An estimated 146,940 people will be diagnosed with this cancer in 2004, and 56,730 will die from it.

This is an unspeakable tragedy because colorectal cancer is preventable, treatable, and curable when detected at an early stage. When colorectal cancer is detected before it has spread, the five year survival rate is over 91 percent.

Further, colorectal cancer is the only cancer we know how to prevent. If polyps are discovered in the colon, they can be removed before they become cancerous and the cancer will never develop.

And yet tens of thousands of Americans continue to die from this disease, mostly because their cancer is detected at a later, less treatable stage.

No one should die of colorectal cancer. This cancer is preventable and detectable. It is slowgrowing and easy to stop in its tracks. The fact that over 56,000 Americans die of this disease is nothing more than a massive failure of our preventive health system.

For most Americans, two barriers effectively block their access to colorectal cancer screening: ignorance, and lack of insurance coverage. Many people simply don't realize they are at risk. When they are educated by their doctors and other sources, however, the vast majority are ready to undergo screening.

This brings them to the second major obstacle—insurance coverage. Not all insurers cover colorectal cancer screening, even for those groups at higher risk. All men and women over the age of 50 should be screened regularly, as well as those under 50 at high risk. Screening tests are crucial because colorectal cancer often causes no symptoms until it is widespread.

A recent Lewin Group study of the insurance plans offered under the Federal Employees Health Benefits Program (FEHBP) is illustrative. Lewin researchers reviewed the plan materials offered to subscribers to determine which covered the full range of colorectal cancer screening methods. In 2002, only 3 percent of FEHBP plans covered screening colonoscopy. In 2003, that number jumped dramatically to 28 percent. Clearly, insurers are realizing that these screening exams make

sense. Colorectal cancer screening is cost-effective, considering that treatment for a patient with an advanced form of cancer can easily be \$40,000 or more. Preventive screening is good policy, good health care, and good economics.

I am therefore proud to introduce today the Eliminate Colorectal Cancer Act, a bill to require insurers to cover a regular colorectal cancer screening exam. Doctors and patients will be able to decide together the appropriate screening method and frequency of testing. My friend and colleague, Rep. PETER KING, has joined me as original cosponsor of this vital initiative. In the Senate, a companion bill is being introduced today by Senators EDWARD KENNEDY and PAT ROBERTS.

I am pleased to report that a wide range of respected organizations have already lent their support to this initiative, including the American Cancer Society. These organizations will be working diligently to educate Members of Congress about the need for this legislation and to urge their support for it.

The wall at the Vietnam Veterans Memorial lists the names of 58,235 Americans who lost their lives over the course of that conflict. Every year, we lose almost that many men and women to colorectal cancer. But we have the power to eliminate colorectal cancer. I urge all of my colleagues to cosponsor the Eliminate Colorectal Cancer Act and put us on the path to realizing this worthy goal.

#### RECOGNIZING APRIL AS SEXUAL ASSAULT AWARENESS MONTH

**HON. LOIS CAPPS**

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, March 31, 2004*

Mrs. CAPPS. Mr. Speaker, I rise today to recognize April as Sexual Assault Awareness Month. Rape and sexual assault affects women, children, and men of all racial, cultural, and economic backgrounds. I commend the work of local organizations to end this type of violence.

The importance of these issues is illustrated by statistics that indicate that there were 10,176 forcible rapes reported in 2002; and that the Bureau of Justice Statistics estimates that over 70 percent of rapes are never reported to police; and that one in three women, one in four girls, one in six boys and one in eleven men will be victims of sexual violence at least once in their lifetimes.

While one person, organization, agency or community cannot eliminate sexual assault on their own, we must work together to educate our entire society about what can be done to prevent sexual assault, as well as to support survivors and their significant others, and increase support for agencies providing these services.

Santa Barbara Rape Crisis Center has led the way in Santa Barbara in addressing sexual assault by providing 24-hour hotline services to survivors and their significant others, responding to emergency calls, offering support and comfort to those impacted by sexual assault during medical exams, criminal proceedings, and empowering those impacted by sexual assault to chart their own course for healing.

Santa Barbara Rape Crisis Center has set an important example of how forging collabo-

rative relationships between service agencies and organizations improves the quality of service for those most profoundly and directly impacted by sexual violence.

Ending sexual assault in Santa Barbara must include active public and private efforts in collaboration with Santa Barbara Rape Crisis Center, including dialogue about what sexual violence is, how to prevent it and how to help survivors connect with crucial counseling and support services.

As a nurse, I understand firsthand the importance of education as it pertains to healthcare and to the prevention and elimination of sexual assault. I commend the efforts of the Santa Barbara Rape Crisis Center as they work to educate our community and provide crucial services to victims and their family members and significant others.

I want to express my strong support for all programs aimed at the elimination of sexual violence and hereby proclaim April as Sexual Assault Awareness Month.

#### TRIBUTE TO LARRY DOYLE

**HON. SANDER M. LEVIN**

OF MICHIGAN

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, March 31, 2004*

Mr. LEVIN. Mr. Speaker, I rise to pay tribute to Larry Doyle, a friend and a talented local government administrator, who is retiring today after 21 years of dedicated service to the city I am pleased to call home: Royal Oak, MI.

Throughout his tenure, Mr. Doyle was instrumental in guiding the city of Royal Oak through many exciting changes. I have been privileged to work with him and have seen first hand his professionalism and his dedication to the city and its residents.

His service began during the initial stages of the city's revival, first as Deputy City Attorney in 1983, then as city attorney in 1990. With the completion of Interstate 696 on the southern border, Royal Oak began reaping the benefits of its central position in southeast Michigan. With his active involvement businesses quickly utilized the location and the opening of diverse restaurants and unique shops brought visitors as frequently as local residents.

After a nationwide search, the city leadership rightly asked Larry to take the management helm of the city in 1994. Over the following years, he set policies that aided in bringing the city a new ice arena, a new district court, improvements in city parks, as well as tremendous growth in property values. These efforts lead to the recent "Cool City" designation by Governor Jennifer Granholm, not only for a vibrant downtown, but for a desirable hometown community for residents.

Larry's commitment to the city did not end with the workday. As an advocate and a resident, he can be found supporting any number of local events such as the Woodward Dream Cruise or the St. Patrick's Day Parade. The people of Royal Oak have indeed been well-served by all of his efforts.

Mr. Speaker, I ask my colleagues to join me in recognizing a dedicated public servant. I am pleased to join with the residents of Royal Oak in thanking Larry Doyle for his service to our community and wishing him and his wife of 30 years, Sue, good health, happiness and success in the years ahead.